

# Sustaining THE Powers

## Meal Plan Monday Week #11 Shopping List

**Monday:** [Paleo Veggie Stuffed Peppers from Fit Girl's Diary](#)

**Tuesday:** [St. Patrick's Day! Crockpot Corned Beef and Cabbage and my Traditional Irish Soda Bread](#)

**Wednesday:** [Chicken & Guacamole Baked Tacos from A Savory Feast](#)

**Thursday:** [My Blood Orange Chicken](#)

**Friday:** [Pizza Night! Reuben Pizza from Taste of Home with leftover corned beef](#)

**Saturday:** Eat Out

**Sunday:** Y.O.Y.O (You're on your own - leftovers, etc.)

### Pantry Staples/Baking

- olive oil
- 1 cup apple cider or red wine vinegar
- 1 cup sugar
- 4 cups (500g) all-purpose flour
- 1 teaspoon baking soda
- 3/4 tsp baking powder

### Bread/Tortillas

- 10 stand 'n stuff taco shells
- 1 prebaked 12-inch pizza crust (or a recipe of [my favorite pizza dough](#))

### Canned Goods

- 1 (15oz) can chicken broth
- 1 (15oz) can peas
- 1 can (14 ounces) sauerkraut

### Dairy/Beverages

- 1/2 cup shredded cheddar cheese
- 2 cups shredded Swiss cheese
- 1 small tub sour cream
- 1 (8oz) beer or apple juice (for corned beef)
- 2/3 cup Thousand Island salad dressing
- 1&1/2 cups buttermilk

### Meat

- 2 bone-in, skin-on, split chicken breasts (You can sub 4 skin-on, boneless breasts)
- 4 chicken breasts
- 4 lbs corned beef brisket

\*optional toppings for tacos

\*\*optional spices for corned beef (or use seasoning packet that comes with beef)

\*\*\* can sub frozen

### Produce

- 5 blood oranges (find at organic grocery or sub navel oranges)
- 1 small fennel
- 9 carrots
- 2 avocados
- 1 lime
- 1 red onion
- 1 small tomato
- 1 bulb garlic
- 2 small white onion
- 1 (1lb) bag of baby carrots
- 1 lb small red potatoes
- 1 head of green cabbage
- 3 large bell peppers
- 1 ear of corn\*\*\*
- 1 russet potato
- shredded iceberg lettuce\*
- 1 small tomato\*
- 1 bunch green onions\*

### Seasonings

- Salt and freshly ground black pepper
- kosher salt
- 1 tsp dried thyme
- 1.5 tsp dried basil
- 1 tsp parsley flakes
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1 tsp curry powder
- 1/2 tsp mustard seeds\*\*
- 2 bay leaves \*\*
- 8 Allspice berries\*\*